

<b>Title</b>	Multidisciplinary Package of Care for Lower Limb Replacement Arthroplasty Patients
<b>Organisation</b>	Chris Hani Baragwanath Academic Hospital, Gauteng Department of Health
<b>Innovation</b>	<p>The Multidisciplinary Package of Care solution which the orthopaedic physiotherapists at Chris Hani Baragwanath Hospital developed is by its nature undoubtedly innovative in that it offers lower limb replacement arthroplasty patients a full package of care that is supported by extensive research and an extensive stakeholder survey.</p> <p>In crafting the solution, the physiotherapists adopted a multi-pronged approach that includes patient directed ward exercise and prehabilitation as well as post operative rehabilitation which are offered invariably through face-to-face appointments and remotely through a Tele-Health service. The tele-health service is very helpful mostly during post-operative rehabilitation in that it ensures continuity of care to patients without them incurring major traveling expenses to hospitals. That way, it supports government's Batho Pele mantra.</p> <p>The project was implemented in various phases from 2018. The first phase involved testing out prehabilitation as a concept in fracture patients and using standardised notes. The second phase introduced a hybrid approach to patients treatment which includes the-face-to-face therapy and a 'distance' or tele-health approach.</p> <p>Patients who access this package of care service receive comprehensive information in various modes, verbally, digitally (web based, podcasts) and via their phones wherein they are taught exercises to physically prepare for operations as well as other necessary skills.</p> <p>Therapists conducted extensive research and designed a Standard Operating Procedure for each phase of this service to ensure operational excellence. The data collection methods dates back to 2015. The use of standardized templates for data collection highlighted a need for primary prevention by physiotherapy, dietetics and podiatry service at a community level aimed at reducing the need for arthroplasty. This innovative package of care is a multi-disciplinary approach which focuses on preparation as well as primary prevention.</p>
<b>Impact</b>	<p>The Multidisciplinary Package of Care project can be seen as preparation for the National Health Insurance. It demonstrates the importance of physiotherapy and other collaborative clinical services to provide impetus for early identification and intervention. The project has also provided data for community health prevention with the vision of preparing for the inevitable increase in the demand for replacement arthroplasty in the coming years. It also presents means of delaying and preventing the need for arthroplasties.</p> <p>The project has been so successful that 90-98% of patients achieve desirable post operative outcomes. Additionally, there have been positive outcomes on cost by reducing the length of hospital stay. In 2013, the average length of stay of a patient in hospital was thirteen days and this was</p>

reduced to about 5.5 days. This translates to a saving of 5 days per patient per 200 patients operated each year. Regarding costs, this amounts to a saving of approximately R1 million for the entire year based on an estimated average cost of R1 500 per patient per day. Reducing the number of days patients stay in hospital indirectly helps in prevention of secondary complications and directly increases the number of patients who can be operated on.

The project has introduced a large opportunity for skills development, growth and capacity building for physiotherapists within the department. It has opened an avenue for therapists to research, attend courses, and develop technological training to ensure an improved, efficient and comprehensive service. Peer training was also introduced, thereby broadening information disseminated to district and provincial levels. The success of the project will therefore be reinforced by ensuring competent human capacity.

Patients expressed concerns regarding travelling expenses to healthcare facilities and furthermore, the time-consuming nature to navigate the hospitals structural system. The incorporation telerehabilitation as a package of care, resulted in patients expressing satisfaction with the subsequent improved access to care - saving money and time.